



Dahlstrom Middle School Athletics Policies and Procedures

Athletics Handbook

Welcome to Dahlstrom Athletics! We believe that participation in a respected and competitive athletic program can allow you to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority, and many other beneficial qualities. You must understand that participating in athletics is a privilege and very demanding physically and mentally. We will encourage you to develop good nutrition, sleep, rest habits, study habits, maintain high moral standards, become responsible for your actions, and much more. Our guidelines are established to promote these qualities and to help build and maintain a robust athletic program. It is recognized that some of the expectations for our student-athletes exceed those for the general student body, and some of the rules are stricter than those for the general student body.

OVERVIEW

The Dahlstrom Athletic Department offers the following athletic sports throughout the school year. The sports offered are Volleyball (Aug – Nov), Football (Aug-Nov), Cross Country (Aug – Oct), Basketball (Nov - Feb), Track and Field (Feb-March), Tennis (April-May) and Soccer (April – May). We believe that being a multi-sport athlete at this developmental stage is the best thing for your student athlete's future. We strongly encourage and recommend for ALL student-athletes to participate in Track workouts. This will impact athletic performance, drive and challenge their competitive mindset, provide an opportunity to be coached by different coaches, and prepare them for High School. Our goal is to have the best athletes in the district!

REQUIRED PAPERWORK

Athletes must have a physical examination, and a parent or guardian must complete and sign all Rank One UIL paperwork. The appropriate forms must be completed and on file with our athletic trainer before you can practice or play. The physical must be dated April 1st or later for it to be accepted by UIL. For more information, please call 512-268-8412 ext. 44396.

UIL ACADEMIC ELIGIBILITY & PERFORMANCE

Periodic checks are made during the year. Any grade below 70 in the 1st six weeks of the year or at the end of a 9-week grading period will cause a player to become ineligible. If a student is ineligible at the end of the grading period, the student is still required to participate in practice but NOT travel or play in the games. A student may "regain" eligibility after three weeks if they pass ALL their classes with a grade of 70 or above. In addition, Dahlstrom offers the opportunity for mastery and has an academic assistance list shared daily with teachers and staff, including students missing assignments. If a student is in season and on the list, playing time may be affected at the coach's discretion. Students needing academic assistance are encouraged to attend tutoring times that do not conflict with scheduled practices. Practice time missed will need to be made up. Our Dahlstrom student-athletes are students first.

CODE OF CONDUCT

Our program student-athletes are expected to give their best effort in the classroom and playing field. By being part of the athletic program, each athlete must accept the behavior guidelines set within the program. Athletes must adhere to the rules outlined in the DMS Student Handbook, the Dahlstrom Athletics Handbook, and the [HCISD Extra-Curricular Code of Conduct](#). If a student-athlete has an upcoming competition and is assigned ISS, please note: The student-athlete may be able to participate the day after completing their full ISS assignment, upon the coach's discretion. The student will be ineligible if the student-athlete is assigned multiple days and it overlaps a competition. We expect each athlete to be a positive example for the entire school. Students' misbehavior will warrant a behavior contract. This contract is established to hold students accountable for following the Mustang Way.

ATTENDANCE/ABSENCES

Athletes are required to be at all in-school and after-school practices. Try to avoid making appointments during practice times unless necessary. If you are on a team and the season is in progress, please notify the coach before any absence. Parents, please email your child's coach for any unexpected absences. Student-athletes are expected to be at school the day of and day after competitions. Unexcused absences can result in the reduction of playing time and/or a make-up assignment. If you are in the off-season, it is not necessary to notify any coaches in advance. If you are in-season and miss class/practice, make-up work will be assigned. This is make-up work, just as you would have in the classroom; however, conditioning is essential to reestablishing the required physical aptitude before a performance. If an athlete misses school/practice, they may not play in the game. Decisions will be at the coach's discretion. If an athlete leaves school sick, he/she must notify his/her coach.

WORKOUT ATTIRE

Every athlete must dress out daily in our program athletic uniform top and bottom, socks, and activity-appropriate footwear, regardless of injury or illness. Athletes will be required to purchase and wear our athletic uniform, which consists of a Red "Dahlstrom Athletic" shirt and Black "DMS" shorts for girls, and for boys, a Grey "Dahlstrom Athletic" shirt and Red "DMS" shorts. These items can be found on RevTrak. Additional pairs of shirts and shorts may be purchased. Dahlstrom Athletics uniforms are not allowed to be cut or manipulated in any way, and they must be worn as is. Hair must be secured away from the face. No loose items like jewelry, watches, hats, etc. may be worn during athletics. To decrease the risk of injury to self and others, ALL piercings must be removed to participate in class, practice, or an athletic event. For this reason, we ask that piercings be planned carefully. This includes the prohibition of permanent jewelry.

- LINK: [Boys Athletics Uniform](#)
- LINK: [Girls Athletics Uniform](#)

ATHLETIC CLASS PERIOD & GRADES

Grading will be based on participation and effort. Dressing out daily in the correct athletic clothing and following dress expectations is included in the participation portion of the grade. It is important to remember that dressing out is required regardless of illness or injury. If a student has an injury, dress can be modified. If a student has a lower body injury, they can still wear their athletic uniform top. If the student has an upper body injury, the student can wear their athletic uniform shorts. If injury inhibits dress, please check in with their coach.

Class Dressing Out/Grading Criteria

- Athletes are required to dress out every day. **10-20 points could be deducted from their daily participation grade whenever an athlete does not dress out.**
 - Athletes must wear their purchased Dahlstrom athletic uniform set and tennis shoes (not Converse, vans, CROCS, Hey Dudes, boots, slides, etc.). No alternatives are allowed.
 - If athletes do not have appropriate shoes, they will sit out for the day and receive a zero for dress and engagement (total of 20 points) with an alternative activity.
 - Jewelry is not allowed during the class period. Points will be deducted for each item of jewelry.
 - Athletes must have adequate clothing for cold weather. Extremities must be covered when we go outside. If they do not have proper cold-weather clothing (sweats, hoodies, sweatpants, leggings), they will not be allowed to participate in the daily workout and will sit out. This will result in a loss of points for dress and engagement. Cold gear must be worn layered with our Dahlstrom Athletic Uniform accordingly.
 - Athletes are responsible for all uniforms that are issued/purchased.
 - **STUDENT-ATHLETES' FIRST AND LAST NAMES MUST BE VISIBLY WRITTEN ON TOP AND BOTTOM OF THEIR UNIFORM.**

Grades- are based on the following :

- Engagement : (includes active participation, effort, attitude, growth, workout completion.)
- Dress: following appropriate uniform expectations daily.

ILLNESS

If an athlete needs to be excused from participating due to illness or injury, they must have a written note from a parent or guardian. A parent's note is good for one day of modified practice for illness. A note from a doctor, dentist, or trainer is required for modifications longer than three days of parent notes with updates on the injury. All notes must have a parent's signature, a date, and a parent's phone number that will allow us to verify or discuss the matter.

INJURIES-MEDICATIONS

If you are injured, you need to inform your coach immediately. If you are under a physician's care for an injury or illness, you will not be allowed to return to practice or competition without a written release from the attending physician. All medications need to be on file with our school Nurse, Janice Everitt – janice.everitt@hayscisd.net . This includes inhaler permissions and all medications.

NUTRITION

- Athletes should eat three healthy meals a day and pack snacks.
- Athletes should maintain proper hydration, and drink lots of water throughout the day.
- Athletes should bring their water bottles every day with their name clearly printed on it. **NO OPEN STRAW LIDS. MUST BE**

FULLY SEALED WATER BOTTLE.

- Refrain from drinking sodas.
- Most importantly, Eat Breakfast and Lunch! The physical expectations in class require your body to have fuel, and you must fuel it with proper nutrition.

LOCKERS & LOCKER ROOM



- ❖ Each athlete will be assigned an individual locker.
- ❖ All athletes will always secure their valuable items (devices, clothes, etc.) in a locked locker.
- ❖ Athletes must supply and use their own **Rotary Dial combination lock**. These locks should not be taken home, and **key locks and combination locks are not allowed**.
- ❖ Athletes will not share their locker combinations with anyone other than a coach, which coaches will keep on file.
- ❖ Athletes will not share their locker with any other athlete.
- ❖ The locker must always be locked. Coaches will ensure lockers are locked after athletics. Any athlete who leaves their locker open or unlocked will have a deduction in their grade.
- ❖ The locker room will remain locked during the athletic period and throughout the school day.
- ❖ Cell phone use is NOT allowed in the locker room. If athletes are caught using their phones in the locker room, their phones will be confiscated and turned in to the front office.
- ❖ The athletic department is NOT responsible for stolen items. Theft will not be tolerated, so leave the locker room with only your belongings.
- ❖ Any items found in your locker are presumed to be in your possession. You are responsible for the items in your locker.
- ❖ Food or drinks are NOT allowed in the locker room.
- ❖ The locker room must be kept neat and orderly.
- ❖ Fighting or horseplay in the locker room or in any and all areas where our athletes are will result in disciplinary action and possible removal from the program.
- ❖ Parents and/or siblings are NOT allowed in the locker room at any time.

TRANSPORTATION & GAME DAY EXPECTATIONS

Daily: Each athlete is responsible for arranging transportation to and/or before and after school practices. Drop-off and pick-up from practices will be communicated by season. Practice times will be announced, and out of respect for your time, practices will begin and end on time each day. In return, please respect the coaches' time by dropping off and picking up your daughter within 15 minutes of the scheduled practice time. If an athlete is consistently dropped off or picked up late, parent contact will be made to discuss the matter and find a solution.

Away Games/Tournaments: Game-day transportation from DMS to the game site and back to DMS will be provided by the school district, and all HCISD bus rules are in effect. The coach will provide departure and approximate return time to DMS. Parents must arrange for their child's transportation upon return to DMS. All student-athletes must ride the bus with the team to all athletic events. Athletes are not permitted to leave the site of a tournament or meet during breaks. Athletes may ride home with a parent/guardian after being signed out through a coach. If your child must ride home with another adult one day in advance, the parent/guardian must write a note giving the appropriate coach permission to release your child. Please provide a contact number for a coach to verify the note if necessary.

Home Games: Athletes are expected to stay after school and are not allowed to leave campus before the start of the game/meet. Athletes will eat, study hall, or participate in activities that prepare them and their teammates for the game. Food and snacks must be packed from home or brought to DMS at the end of the school day.

HOME/AWAY BEHAVIOR: Student-athletes are expected to conduct themselves respectfully at all times. Misbehavior will not be tolerated. Misbehavior can result in school or athletics disciplinary action or potential dismissal from the team.

EQUIPMENT

Athletes care for practice attire, game uniforms, or equipment. You are also responsible for returning the same uniform and equipment issued to you. You must pay to replace that item if it is not returned or damaged.

- o If their athletic uniform, game uniform, or any other Dahlstrom-issued item is lost or stolen, athletes will be required to purchase replacements. Until the items are replaced, athletes will participate in an alternate workout.

Prices:

▪ Boys Gray Dahlstrom Top	\$10.00
▪ Boys Red Dahlstrom Bottom	\$10.00
▪ Girls Red Dahlstrom Top	\$10.00
▪ Girls Black Dahlstrom Bottom	\$15.00
▪ FB Game Jersey Top	\$85.00
▪ FB Game Jersey Bottom	\$65.00
▪ FB School Issued Helmet	\$250.00
▪ VB/BB/Soccer	\$55.00

▪ XC/Track	\$50.00	
▪ All Practice Tops	\$25.00	
▪ All Practice Bottoms	\$20.00	
▪ Warm up Tops	\$20.00	
▪ Athletic Sweat Top*	\$30.00	
▪ Athletic Sweatpants*	\$30.00	
▪ Athletic Duffle Bag*	\$75.00	<i>*May not be issued to players during certain seasons.</i>

ATHLETICS FUNDRAISER/8TH GRADE FIELD TRIP

- Student-athletes are encouraged and expected to participate in all athletic fundraisers. We will kick off our GroupFund Fundraiser in the Fall. The funds that are generated are the primary source of money for all sports and/or activities; for example:
 - Equipment - speakers, workout equipment, etc.
 - Team Gear - warm-up tops, backpacks, etc.
 - **8th Grade Field Trip Opportunity for 8th Grade Student-Athletes who meet the following criteria:**
 - Participated/competed in 3 or more sports 7th & 8th Grade year (example : 7th FB, 7th Track, 8th FB, 8th Track = 4)
 - No office referrals 8th Grade Year
 - No ISS or Off-campus placement 8th Grade Year
 - Passing Grades at all Progress Reports and Report Cards Nine-Weeks 1, 2, & 3
 - Did not quit a sport 7th/8th Grade Year

GAME DAY MEAL PLANS

- Organized by parent volunteers from sport to sport. After tryouts or after teams have formed, parents will be responsible for coordinating game-day meals.
- The athletic coordinator will post information in the newsletter requesting assistance with game-day meal plans. Please help if you can.
- Prices and meal plans will vary.
- Because meals are purchased by parents they are not allowed to be tax exempt.

ATHLETICS SOCIAL MEDIA

- Join SportsYou-all communication is sent out on this platform.
- Instagram: [@dahlstrom.athletics](#)
- Add our NEW school on Facebook: [Dahlstrom Middle School Athletics](#)
- Visit websites: [dmsathletics](#) for additional information, such as Schedules, Coaching assignments, Phone numbers, and Pictures.

STUDENT SOCIAL MEDIA MISCONDUCT

Student-athletes are expected to use social media positively, respecting themselves and others while representing themselves, their families, and Dahlstrom Athletics. Misconduct while using social media can result in school and athletic disciplinary action.

25-26 7th/8th Graders sportsYou

Please ensure you have added yourself to stay up to date with information in regards to our Athletic Teams. Season schedules and tryout dates will be shared here.

sportsYou Team Access Codes:

General Information - class information and updates posted here. All students enrolled in athletics should join this group.

GIRLS ATHLETICS : 84K6WSWZ

BOYS ATHLETICS : WX8SUFBZ

Sport Specific Information - sport specific information posted here, can include tournament information, game day meal information, practice updates, etc.

FOOTBALL : Y2KX4AG5

VOLLEYBALL : 3D2ZNA2V

GIRLS BASKETBALL : JUTL58R7

BOYS BASKETBALL : PVHVMKRR

GIRLS/BOYS TRACK & FIELD : 4WZDQTXN

GIRLS/BOYS TENNIS : 2PSRQCL3

GIRLS/BOYS SOCCER : SGTLLWJ4

Please sign up!

Please note about sportsYou:

- Sign up age is 13 years or older
- An option is to have a parent create an account then share login credentials with your child. One sportsYou account can be logged in on multiple devices so both the parent and child will have access to the account.
- Access to this account will keep information streamlined.

COMMUNICATION

As a coaching staff, we will teach each young student-athlete the skills to become a better athlete, player, and teammate and develop quality character traits that will carry into their future. We will also inform everyone of practice schedules, game times, travel plans, and other issues that may need to be addressed during the year.

We ask for positive encouragement from our parents. Likely, things will not always go our way. Still, just like in life, we will learn lessons in dealing with success and failure, being disciplined, having honor, integrity, and responsibility, and the result will be growth as an individual. As an athlete, we encourage you to communicate with your coach promptly if you have any questions or concerns. We have an “OPEN DOOR” policy and want you to feel comfortable talking to your coach. We will NOT discuss any issue with a parent unless the athlete has taken the initiative to speak with the coach first. Sometimes, parents will feel that they need to talk to the coach as well, and if this is the case, we would like for you to use the following procedure:

- 1) Please call or email the coach directly to schedule an appointment. Coaches will not have discussions before, during, or after practice or a contest. Make every effort to meet with parents at the most convenient time.
- 2) Appropriate concerns to discuss with a coach are your child's mental and physical treatment, what your child needs to do to improve, and concerns about your child's behavior.
- 3) Coaches will not discuss playing time or another athlete.
- 4) If you have met with your child's coach and feel the issue has not been resolved, then ask to meet with your child's coordinator.

PLAYING TIME

Playing time decisions are motivated by each coach's obligation to produce a team that will defeat our opponent or by the coach's obligation to develop the entire team's skill. No one individual is more important than the team. Each coach will attempt, whenever possible, to provide playing time for every athlete on the roster, but these opportunities are not guaranteed. Many factors may be involved in decisions made on playing time. Some examples are limited substitutions, preferred match-ups, or the quality of the athlete's practice performance leading up to the match. There are several roles to be filled on each team, and athletes should be encouraged to fill whatever role is asked to the best of their ability, as each role is vital to the success of each team. If you, as a player, are concerned about playing time, it is your responsibility to talk to us, not your parent's responsibility. We will be more than happy to set up a meeting with you and your parents if you prefer.

WITHDRAW FROM A TEAM OR DISMISSAL

Our program aims to encourage our student-athletes who experience difficult circumstances to attempt to problem-solve instead of giving up. The ball may not always bounce their way. However, our teams and coaches will work together to improve for the following challenges. If a student is selected for a position on one of our teams, they must commit. Withdrawing or quitting a team after being selected is strongly discouraged. It should be clearly understood that a student-athlete quitting a team will be among the criteria considered by coaches of future teams on which the student-athlete desires a position. Dismissal from a team or program could result from not abiding by our DMS Code of Conduct, Hays CISD Extracurricular Code of Conduct, or our Dahlstrom Athletics Handbook. We have high expectations for our young athletes in hopes that they will become hard-working citizens of our school and community. If a head coach dismisses a player from a team, a dismissal or withdrawal form will be completed. This form is shared with MS and HS coaches. This is a directive from our Johnson HS Athletic Director, Coach Carlin.

RESPECTING SCHOOL PROPERTY

All student-athletes are expected to respect school and district property. Vandalism and property destruction will not be tolerated. Students who violate this expectation will face school, district, and athletic consequences, which could potentially result in removal from the athletic program.

Sportsmanship Manual Linked Please review the UIL Sportsmanship Manual above. In competition, the ball may not always bounce our way. This can also be said in life experiences. However, we are role models to our young student-athletes and represent our school and community. We love our spectators' support and look forward to a positive, encouraging, growing experience for all parties involved.

Dahlstrom Middle School Athletics Handbook Signature Page
THANK YOU FOR YOUR SUPPORT IN ADVANCE!! PLEASE FILL OUT AND SUBMIT THIS FORM BELOW.

Signature Form

DMS Coaching Staff

Allison Castillo (Girls Athletic Coordinator)
Andrea Fiebelkorn
Sarah Leal
Lauren Vasquez
Isabella Vasquez
Kym Brady
Richelle Wilson

Bronson Haywood (Boys Athletic Coordinator)
Ryan Gregson
George Ramirez
Angelo Florez
Jesse Carbajal
Xi'an Todman
Bo Wilson

**You can contact all of the above coaches through our HaysCISD E-mail. Example: allison.castillo@havscisd.net

Dahlstrom Middle School Principal – Dedrah Ginn **Johnson HS Athletic Director – Sam Carlin**

Girls Coaching Assignments						
Team	Volleyball	Cross Country	Basketball	Track - Girls/Boys	Soccer	Tennis
7A	Vasquez, L	Fiebelkorn Brady	Castillo	TBA	Brady Vasquez, L	TBA
7B	Vasquez, I		Vasquez, I	TBA		
8A	Castillo		Wilson	TBA		
8B	Leal		Leal	TBA		

Boys Coaching Assignments						
Team	Football	Cross Country	Basketball	Track - Girls/Boys	Soccer	Tennis
7A 7B	Wilson, B Gregson Florez	Fiebelkorn	Gregson Wilson	Carbajal Haywood	Florez	Carbajal
8A 8B	Haywood Carbajal Madson	Brady	Madson Carbajal	Todman B. Wilson	Ramirez	

Sport	Practice Schedules		If your child makes a team, equipment recommended:	Teams
	7th	8th		
Volleyball (Aug-Nov)	3:45 - 5:15pm	3:50 - 5:25pm	Court shoes, 3-4in inseam black spandex, knee pads, DMS provides uniform top	7 th A, B, 8 th A, B
	6:45 - 7:50am	6:45 - 7:50am		7 th and 8 th C
Football (Aug-Nov)	6:15-7:30am & 7th Period	6:15-8:30am	Football cleats, DMS provides uniform	7 th A, B 8 th A, B
Cross Country (Aug-Oct)	Before school practice starts at 6:00am Girls & Boys 7th/8th same time/days.		Good pair of running shoes, DMS provides uniform	7 th & 8 th Grade Teams
Basketball (Nov-Jan)	Practice schedule will be released prior to the season.		Court shoes, DMS provides uniform	7 th A, B, C 8 th A, B, C
Track (Feb-Mar)	Practice schedule will be released prior to the season.		Good pair of running shoes, spikes (only if recommended by coach), DMS provides uniform	7 th Grade Team 8 th Grade Team

Tennis (Apr-May)	Practice schedule will be released prior to the season.	Black shorts, Tennis Spirit Shirt, court shoes, own tennis racket	7 th Grade Team 8 th Grade Team
Soccer (Apr-May)	7th/8th Girls practice before school, 6:30am start. 7th/8th Boys practice after school until 5pm.	Cleats, shin guards, long red socks, DMS provides uniform	7 th Grade Team 8 th Grade Team



DAHLSTROM MUSTANG STUDENT-ATHLETES

Academic first, then Athlete - No Pass, No Play

Motivated

- self starter
- follows directions

United

- team first
- work together & lift each other up

Spirited

- positive self talk
- encourage teammates, Mustang pride

Toughness

- pushes through adversity
- resilient

Accountable

- commits to our program
- respectful, punctual & prepared

Nonstop

- gives all they have until the last second
- gives 100% daily

Grateful

- thankful for competition & challenges = growth
- thankful for their support system (family, friends, teachers, coaches)

Self-Disciplined

- puts in work on campus & outside of school

- responsible for oneself



Pride in Excellence!

